

A Brief Analysis of the Positive Effects of Music Therapy on College Students' Psychological Health

Yi Xiong

Teacher Education College, Sichuan University of Arts and Sciences, Dazhou 653000, China.

Abstract. With the development of education in college, universities pay more attention to the physical health of students. In fact, under the pressure of study and emotion, various college students have demonstrated some problems in psychological health, such as anxiety, nervousness, loneliness and so on. This psychological health may have very negative influences on college students. For this reason, many universities have created the psychological education courses for college students. At present, many universities start to take music therapy on physiological therapy. This method is regarded as one excellent way to solve the psychological health of college students. This paper aims to analyze the positive effects of music therapy on college students' psychological health and how to cure the psychological therapy by music therapy.

Keywords: music therapy; psychological health; positive effect.

1. Introduction

Recently, under the negative influences of society, the physiological problems are serious which take the terrible effects to the university and society as well as family. For this reason, taking music therapy to adjust and treat the physical problems of students is very considerable. With the development of the society, the requirement of the college students has also changed a lot. For this reason, many college students enter some problems both in study and emotion. Some students even find that it is hard to achieve the goal and to be successful. At the same time, young people are easier influenced by the surroundings. There are many issues for college students to handle. Thus, the psychological problems of college students should be emphasized by both universities and society. At present, the power of music therapy on college students' psychological health is great. It is necessary to take the positive effects of music therapy on college students' psychological health.

2. The Definition of Music Therapy

Music therapy is a systematic intervention process. In this process, Music therapist develops the relationship between music experience and music suitable for music therapy object as a dynamic changing force, which can help the therapy object to recover health through this method. In general, music therapy is to use various means of music on purpose, so that people will have a variety of physiological and psychological reactions. The final purpose of music therapy is to restore their health.

3. The Positive Effects of Music Therapy on College Students' Psychological Health

3.1 Adjusting the Emotion of College Students

When listening to music, people's most direct feelings are from the heart and the emotions from heart. The whole process of listening to music is the inner confession of the creator of music, which is the reproduction of people's inner feelings and psychological activities. So, the process of playing music is very similar to emotional disclosure in people's hearts. While understanding the connotation of music works, listeners themselves will also have their own emotional experience, and will be infected by music or even walk into the world of music. The resulting psychological and emotional resonance is hard for other art forms to surpass. In many cases, people's inner feelings are not spontaneous, but caused by the objective environment. In a sense, they are derived from the change of people's attitude towards the world around them.[1] Emotions and inner emotions not only affect

our physical and psychological health, but also play a very important role in the development of personality. Emotions can have positive or negative effects on people's development. In daily life, people will inevitably have some negative emotions, such as sadness, anxiety and so on. Occasionally, such emotions will not harm people's physical and psychological health, but if they are often in a state of excessive excitement, exceeding the emotional load limit, it will also cause harm to people's psychological health. Therefore, the critical point of whether emotions can produce positive or negative effects is the mastery of "degree". Both extreme anxiety and excessive excitement can cause serious damage to the body and mind. On the contrary, optimism and cheerfulness, which are moderately pleasant emotions, are the best cures for people's diseases. Therefore, learning how to manage and regulate one's emotions is a very important part of People's Daily life. Music is very direct in expressing people's inner feelings and emotions, because music itself is the product of creators' feelings and emotions. This kind of music in contemporary college students play a very important role, for college students in music is their life a very important part of some college students is willing to use music way to record their feelings, mind their heartfelt love music, although most of the time will appear more extreme. Some college students are eager to seek inner peace. However, they are not aware of this psychological need, so they escape from the communication with their families and friends.[2] They refuse to communicate with others. With their mobile phones or other music players, they live alone and regard music as the ultimate destination of their soul mates. Since many contemporary college students love music very much, it is highly operable to rationally apply the influence of music on self-emotion, rationally use the unique cognitive mode of music to adjust and adapt to the inner environment of college students and prevent the occurrence of psychological diseases. The demonstrations of such kind of influence are in following two aspects.

3.1.1 Alleviating the Negative Emotions of College Students

The development direction of college students' psychological health is directly related to the change of emotion, which is an important source of influencing college students' psychological health. Music therapy can effectively alleviate the negative psychological emotions of college students, and has an important impact on college students' psychological health education. In music therapy, the teacher in the face of the psychological pressure is great students, tend not to choose to play soothing light music, but will choose to play the melody deep, sad music to stimulate the students' psychology, college students under the stimulus of music, can put the bad mood to vent, to release inner depressive mood.[3] When college students abreast inner shadow, the mood of students towards the right direction, at this point, the teacher can timely according to the change of mood of the students play some soothing music or filled with positive energy, let the students can more easily accept positive music therapy, make the mood toward the positive direction, help students get rid of psychological distress. It can be seen that music therapy can help college students get out of the psychological dilemma, make college students under the infection of music, put aside the bad mood, make the psychological state of college students from pessimistic to positive, step by step to the good direction of development, so that college students from the spirit of new life.[4]

3.1.2 Helping College Students Relieve Stress

As a group about to step into the society, college students are bound to face pressure from all sides, which makes college students extremely prone to anxiety and negative emotions. In the face of academic pressure and employment pressure, the personality of students will gradually change from extroversion to introversion, which makes some college students begin to have psychological problems, which is very unfavorable to the personal development of college students. By college students love and music has always been very project, in the group to carry out psychological health education for college students, the teacher may according to the problems of college students psychological distress and urgently needs to solve the problem of rational choice music type, in the process of therapy skillfully through music, that music can unconsciously affect college students' psychological change, help college students relieve pressure.[5] Currently, music therapy has been applied actively in the medical field in China. It has been effectively proved by scientific experiments that music can change the fluctuation of brain waves and promote the fluctuation of brain waves.[6]

Therefore, it can make college students relax their mind and relieve pressure under the influence of music.

3.2 Improving the Music Aesthetic Ability and Promoting the Psychological Health of College Students

Music itself has a unique aesthetic effect and strong appeal. It can directly interact with people's inner feelings and communicate with people's spiritual world through the material carrier. By appreciating the beautiful tune, people's mood can be cultivated and their spiritual world can be purified. Many practices can prove that music can affect people's inner feelings and state of mind, give people the spiritual world with the enjoyment of beauty, and make people get the education of beauty in the process of music appreciation, so as to establish a noble moral sentiment in the heart. Music is an effective way for college students to release their inner negative emotions and stress. As we all know, repressed emotions must be properly released. In fact, only after being appreciated through music can we gradually transform the repressed state into calmness, which is necessary for people to keep healthy. In today's society, people are under great pressure in their life. Many psychological problems are caused by too much depression of their inner emotions, and they cannot find appropriate channels to vent their inner negative emotions. Music, on the other hand, can satisfy people's inner needs. Music provides a good channel for college students to release their emotions, which can bring people to the depth of consciousness and calm their impetuous hearts. The ancient Greeks called the calmness of emotions catharsis.[7] They thought music had such power, and music had unexpected magic power, which could stimulate people's consciousness and ability that they did not show or potential at many times. Appreciation of music can guide college students to explore and find their inner potential selves, and help them better understand themselves and others, so as to achieve the effect of happy mood. The aesthetic function of music is demonstrated through music works with rich forms and diverse themes. College students can gradually improve their perception of beauty of music through music appreciation. Music appreciation is a direct communication with people's spiritual world. In the enjoyment and pleasure of music, people's inner feelings are sublimated and impetuous hearts are purified, thus producing a subtle spiritual force. The most important objective of music aesthetics is to cultivate the healthy psychological state and good psychological quality of college students. Only by achieving the harmony and unity between physical health and psychological health of college students can they achieve real psychological health. Music always shows the vitality of life. With beautiful melody, harmonious rhythm and colorful timbre, it can improve the ability of college students to feel beauty, appreciate beauty and create beauty, as well as promote the physical and psychological health development of college students. Music can be immersed into the subconscious level of college students, which exerts a subtle influence on their psychology and can gradually improve their aesthetic ability. Thus, college students can better examine their own words, regulate their daily behaviors, and improve their personality to a certain extent.

3.3 Improving Communicative Ability of College Students

Music and culture can often penetrate into each other, which makes more and more cultural communication take music as the carrier. When we appreciate a piece of music that we like very much, we are interested in learning about the style, theme, author, creation background and all the relevant cultural information of this piece. College students are the recipients and inheritors of elite culture, as well as the creators of culture. College students who want to gain a broad cultural horizon do not appear out of thin air, but must appreciate the practice of music can be obtained. The spread of music culture can not only enrich the cultural knowledge of college students, but also, more importantly, cultivate good moral sentiment of college students. The cultivation of college students' good sentiment is not only related to good social environment and social education, but also depends on all aspects of quality education in school education. Because music works contain good moral sentiments, and music works have special forms of expression, music education is more characteristic and effective in cultivating good sentiments of college students. For example, "the Yellow River"

which is created by Xian Xinghai, which is in the creation background of the Yellow River. It has praised that China has a long history and indomitable fighting spirit.[8] It also inspired more and more young people feel the edify sentiment from the song and listen to the heart-felt wishes of the people fighting and all their life dedicated to the great people. In such an impassioned music, how can the hearts of college students not generate a sense of patriotism and national consciousness? Music is a very important part of our life. It can not only express people's love for the motherland, hometown and beautiful life, but also express people's yearning for the truth, kindness and beauty. Music can cultivate good emotions of college students with its unique appeal and urge them to constantly improve their minds. Music can help college students expand their horizons and enrich their inner world. More importantly, it can help them understand the value and significance of life and life, so that they can set up lofty ideals and have a strong will.

4. Summary

With the progress of society and the development of economy, the trend of multi-culture has been pouring into China. Due to the characteristics of the age group of college students, their thoughts are easily influenced by the outside world. Therefore, the psychological problems of college students are increasingly prominent. Therefore, the cultivation of college students' psychological quality should not be neglected in higher education courses. We should fully realize the important influence of music on college students' psychological health. Therefore, music art education should be closely combined with the psychological health education of college students.

References

- [1]. Xu Yuan. Analysis of the Positive Influence of Music Therapy on College Students' Mental Health [J]. *Voice of the Yellow River*, 2015(10), p. 93-93.
- [2]. Xiao Wei. Discussion on the effect of music therapy on college students' mental health[J]. *Zhongguo Medical Journal*, 2011, 30(12), p. 181-181.
- [3]. Liu Beichen. On the Importance of Music Therapy for the Cultivation of College Students' Mental Health[J]. *Red child*, 2016(8), p. 21-22.
- [4]. Hou Shuangxia. On the auxiliary effect of music therapy on college students' mental health[J]. *Musical Survey*, 2012(8). p. 12-13.
- [5]. Hao Junjie. The Influence of Music Therapy on College Students' Mental Health[J]. *Big stage*, 2013, No.298(3), p. 275-276.
- [6]. Xue Liyuan. Analysis of the Effect of Music Therapy on College Students' Mental Health[J]. *Fiction Review*, 2011(s2), p. 217-220.
- [7]. Wang Lin. Intervention study of receptor music therapy to alleviate college students' psychological stress [D]. *Inner Mongolia Normal University*, 2010, p. 65-66.
- [8]. Qi Xiaofang. The effect of music therapy on improving students' mental health and psychological endurance[J]. *Northern Music*, 2015, 35(15), p. 176-176.